

Hampton Parks & Recreation Fitness Class Schedule

Winter/Spring 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:15-7a WHCC Break Out Boot Camp <i>Coming in April 14</i>	6-7a WHCC <i>Walk Away the Pounds</i> FREE w/HPR ID	6:15-7a WHCC Break Out Boot Camp <i>Coming in April 14</i>	*Get your fitness on with 1 of our Nationally Certified Personal Trainers!	
9-10a WHCC <i>Walk Away the Pounds</i> FREE w/HPR ID	9-10a FMCC Fitness Yoga \$15/month	9-10a WHCC <i>Walk Away the Pounds</i> FREE w/HPR ID		9-10a WHCC <i>Walk Away the Pounds</i> FREE w/HPR ID	9-10a WHCC <i>Cycle Circuit</i> \$15 /month
10-11a WHCC <i>Move It, Groove It</i> FREE w/HPR ID	10-11a NHCC <i>Senior-Cize</i> FREE w/HPR ID	10-11a NHCC <i>Yoga-Lite</i> \$15 / month	10-11a WHCC <i>Move It, Groove It</i> FREE w/HPR ID	10-11a NHCC <i>Senior-Cize</i> FREE w/HPR ID	
10-11a NHCC <i>Yoga-Lite</i> \$15/month	10 - 11a WHCC <i>Zumba Gold</i> \$5 per class				11a - 12n NPCC NEW! <i>Zumba</i> \$5 per class
					*Check the <i>Happenings</i> for special fitness events for the whole family!
12::15-12:45p WHCC <i>30 Minute Get Fit</i> \$20/ month		12:15-12:45p WHCC <i>30 Minute Get Fit</i>		12:15-12:45p WHCC <i>30 Minute Get Fit</i>	
		1-2p HSC Basic Tia Chi FREE w/HPR ID			
5:30-6:30p WHCC <i>Kettlebells</i> \$20/month		5:30-6:30p WHCC <i>Kettlebells</i>			
	5:45-6:45p WHCC <i>Walk Away the Pounds</i> FREE w/HPR ID		5:45-6:45p WHCC <i>Walk Away the Pounds</i> FREE w/HPR ID		
					FMCC Fort Monroe 100 Stilwell Road 592-3085
6-7p NHCC <i>Total Body Conditioning</i> \$20/month	6-8p NHCC <i>Line Dancing</i> FREE w/HPR ID	6-7p NHCC <i>Total Body Conditioning</i>	6-8p NHCC <i>Line Dancing</i> FREE w/HPR ID	6-7p FMCC <i>Line Dancing Couples</i> \$8/couple or \$5/single	HSC Hampton Senior Center 3501 Kecoughtan Road 727-1601
7-8p WHCC <i>Zumba</i> \$5 per class	7-8p WHCC & FMCC ZUMBA \$5 per class		7-8p WHCC & FMCC ZUMBA \$5 per class		NHCC Northampton 1435 Todd's Lane 825-4805
7-8p NHCC <i>Fitness Yoga</i> \$15/month					NPCC North Phoebus 249 Chamberlain Avenue 727-1160
					WHCC West Hampton 1638 Briarfield Rd 896-4687

All classes are open to all fitness levels and abilities. Classes are for ages 16 and up unless otherwise specified. Children ages 10 and up may participate with a paid parent/adult. For questions or concerns contact Liz Linthicum, Program Coordinator at 896-4695.



Fitness Class Descriptions

Basic Tia Chi: Learn breathing, movement, and function behind the peaceful flow of Tia Chi.

Break Out Boot Camp: Get out of your normal routine, get off the treadmill and really “break out” with our HPR Personal Trainers in this small group training.

Cycle Circuit: These classes will have you pedaling your way to a great non-impact workout for all fitness levels combined with weight training and ab work.

Kettlebells: High Intensity, low-impact weight training using traditional Russian style Kettlebells for overall strength and performance and superior results.

Fitness Yoga: Relax and calm the mind, body, and spirit. Poses and stretches are done standing and on the mat and geared toward all ages, shapes, and fitness levels.

Line Dancing: A fun and easy way to stay in shape, combat vascular and hereditary diseases.

Move It, Groove It: This fun and easy class is for the “mature adult” who wants to stay in shape but may not have the flexibility or stamina for traditional classes due to arthritis, bursitis or fibromyalgia. Exercises are done in and out of chairs, using light hand weights and resistance tubing.

Step & Sculpt: The powerful fat burning and leg sculpting cardio or Step Aerobics and weight training for upper body and core strength.

TBC-Total Body Conditioning: The name says it all! Total Body Conditioning with cardio, weights, resistance training, balance and core strength.

Walk Away the Pounds: This complete, total body walking program gives you fat burning, muscle conditioning, and stretching in one energizing workout.

Yoga-Lite: Ages 50 and up! Yoga geared for the less flexible, those with arthritis, fibromyalgia, or just returning to exercise.

ZUMBA: ZUMBA is a fun, fast paced Latin dance based workout for every body, fitness level and age.

30 Minute Get Fit: 30 minutes, 3 days a week-we’ll combine cardio, strength and flexibility to get you through a busy day.

General Memberships: Adults ages 18 & up \$20 yearly, Youth ages 6-17 \$15 yearly

Fitness Center Memberships: \$15 monthly (all ages 8 and up)

Fitness Class Fees: \$20 monthly(2x week), \$15 monthly(1x week) or a 15 punch pass for \$30